



Gyms and Fitness Centers
Phase 2 Reopening Strategy in Response to COVID-19
May 26, 2020

Montanans have succeeded in limiting the spread and impacts of COVID-19 by working together and following guidance that has been provided. This has presented an opportunity to move to Phase 2 of the Reopening the Big Sky strategy. A directive issued by the governor on May 19 specifically allows for expansion of operations at gyms and fitness centers with reduced capacity and strict physical distancing protocols in place. Please note the following **requirements** for Phase Two beginning **Monday, June 1, 2020**:

1. **Assess the health** of all employees at the beginning of each shift. Anyone with symptoms of COVID-19 must be sent home. Symptoms include cough, difficulty breathing, fever, repeated shaking with chills, chills, body aches, headache, sore throat and new loss of taste or smell.
2. **Strongly encourage** or require all staff to use cloth face masks, and encourage masks for customers.
3. **Operate facility at 75% of capacity** (as determined by fire marshal). Have a front-desk attendant track occupancy to ensure maximum occupancy does not exceed 75%.
4. **Post signage** identifying restrictions where it can easily be seen by members, such as the front door, front desk, in workout areas and locker rooms.
 - a. Use the following, or similar, wording on the signs: "Members with fever, shortness of breath, a cough, or other COVID-19 symptoms must refrain from using the facility."
 - b. Position other signs on locker room doors with wording along the lines of, "Observe physical distancing while using this facility. No loitering in common areas."
 - c. Post signs throughout workout areas reminding patrons to sanitize equipment after each use.
5. **Maintain physical distancing.**
 - d. Close seating areas.
 - e. Maintain at least a 6-foot distance between exercise equipment, or limit use to every other machine.
 - f. Maintain at least 6 feet of separation among guests using free weights, except when a spotter is necessary. In this instance, limit workout groups to two people.
 - g. Require physical distancing in dressing rooms and other common areas. No congregating in these areas may be allowed.
6. **Offer personal training sessions** with strict adherence to physical distancing guidelines; encourage use of cloth face masks by the trainer and trainee.

7. **Offer group classes** at 75% capacity with strict adherence to physical-distancing guidelines. Allow additional time between group classes so that a designated gym employee can disinfect any equipment and other cleanable surfaces before the next class begins.
8. **Routinely clean and sanitize** all surfaces touched by employees and members.
 - a. Have dedicated staff available during operating hours to wipe down frequently touched areas on a regular basis, and monitor gym zones to ensure that users are wiping down equipment properly.
 1. Use the cleaning agents that you usually use in these areas, and follow the directions on the labels.
 2. A list of sanitizers effective for COVID-19 is located on the EPA website: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>. Be sure to strictly follow specified contact times and mix rates.
 - b. Provide an approved sanitizer for cleaning equipment after use at stations throughout the workout areas, along with disposable towels. Do not use reusable towels to clean equipment.
 - c. Clean the establishment after closing using an EPA-approved disinfectant. Twenty-four-hour establishments must close from 11:30 p.m. to midnight for proper disinfection.
 - a. Develop a checklist to ensure that no equipment is missed during disinfection. Checklist should include large items, such as treadmills, and smaller items, such as weights and bands.

Lewis and Clark Public Health has the following **additional guidance** to help protect staff and guests from disease.

1. **Develop a written plan** to manage Phase Two operations. Be sure to address any issues unique to your operations and location.
2. **Implement engineering controls** as appropriate for your business. These might include installing physical barriers, such as clear-plastic sneeze guards between staff and members at reception desks.
3. **Support respiratory etiquette and hand hygiene** for employees and members:
 - a. Strongly encourage or require the use of cloth face masks that fully cover the mouth and nose for employees and members.
 - b. Provide tissues and no-touch disposal receptacles throughout the facility.
 - c. Provide hand-washing facilities with soap and water and single-use towels.
 - d. Place hand sanitizers with at least 60% alcohol at front desk and at stations throughout the workout area.

If you have questions or need technical assistance, please call Lewis and Clark Public Health at 457-8900. Thank you for protecting our community from COVID-19.

For a link to this document and other local information: www.lccountymt.gov/covid-19

If you suspect Coronavirus, contact your medical provider.